



8. Lauf: \"Rund um Frauenwald\"  
Frauenwald / 10.08.2013

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau  
Number: 86

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:11:25

Speed: 11.76 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 25 (of 90)

Rank in course/Men: 23 (of 75)

Best time in course: 1:02:04

Rank in category: 2(of 7)

Best time in the category: 1:08:20